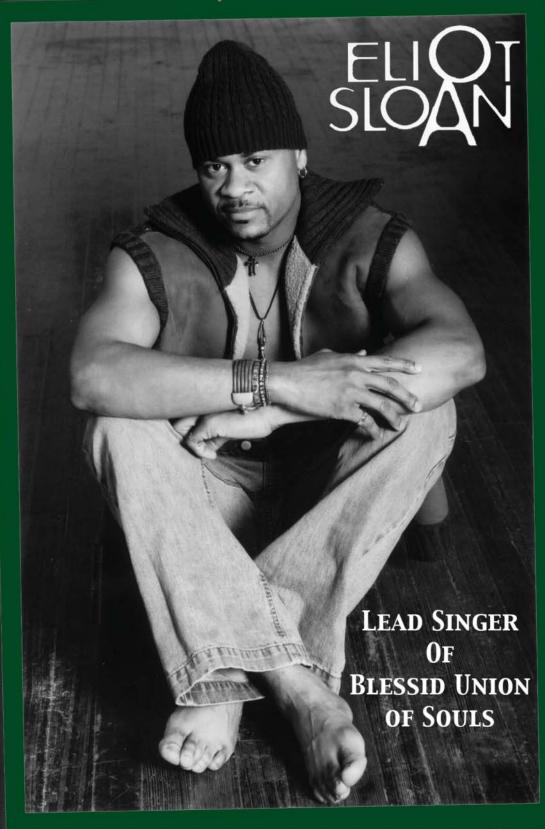


# Always Active News



LIVE AT CLUB RUMORS 12 MAR 04, 2000-2300

MARCH 2004

# March 2004

AFE Eliot Sloan "LIVE"

Club Rumors details page 4

AFE Band 24/7 "LIVE"

Sunset Lounge & Club Rumors details back page

Single Sailor Luau

March 27, 2004 details page 6 NEW! MWR X-Skate Park

A NEW Thing! Check it out! details page 12

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- 19. To Our Sponsors
- 20. AFE 24/7 Band "LIVE"

### COVER PHOTO:

Eliot Sloan, lead singer of Blessid Union of Souls, will perform "LIVE" at Club Rumors, 12 March 04, 2000-2300.

#### **SUBMIT YOUR PHOTO TODAY!**



#### U.S. NAVAL FORCES MARIANAS

RDML Arthur J. Johnson
Captain Robert A. McNaught
CDR Jeffrey M. Beaty
Dave Matthews
Ed Echols
George Stewart

Commander, U.S. Naval Forces Marianas

Commanding Officer, U.S. Naval Forces Marianas Support Activity Executive Officer, U.S. Naval Forces Marianas Support Activity

Acting QOL Program Manager Regional MWR Director

Manager, Community Services RTSG

The Always Active News is a monthly publication by the Morale, Welfare and Recreation Department of Commander, U.S. Naval Forces Marianas. If you have any questions regarding any information in this publication, please call the MWR Marketing/Publicity Office at 564-2261 or visit us at Bldg. 1A. Your comments and suggestions are welcome. The Department of Defense and the Department of the Navy do not endorse any product or firm associated with any event mentioned in this publication.



MEEt YOUR

MWR StAFF



Willie Miranda Manager, Club Rumors & Rumors Restaurant

Willie Miranda is a busy man! Manager of Club Rumors and Rumors Restaurant, Willie also manages the Beehive at Camp Covington and Silver Dollar at Naval Magazine. And, when Orote Point Lanes re-opens after undergoing renovations, Willie will be managing the operations of the new Cosmic Bowling Center. Retired Navv. and a staff member of Orote Point Lanes prior to RTSG and the BOS contract, Willie's past experience and knowledge gained is a positive attribute to his management. When he's not in the club or restaurant, you might find him assisting with pier operations when we have visiting ships. easiest and best part of my job is to look at the customers and watch them smile," stated Miranda.





Authorized Patrons Only FMI 472-4606/7

Mongolian Barbecue

An island favorite three days a week! Tuesday, Thursday & Friday 1700-2100

Mongolian Friday Special "Guess the Weight"
Guess the exact number of ounces your dinner
weighs and receive your Mongolian BBQ Free!!



**Every Tuesday** 

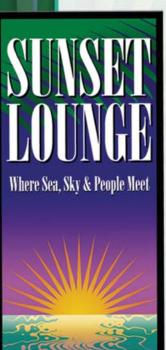
Purchase one pound or more of delicious Mongolian BBQ and receive one complimentary admission to the CNM Big Screen Theater!

Sunday Brunch
Every Sunday 1030-1300
\$15.95 Adults, \$7.95 Child 5-11 and 4 & Under Free

Friday TGIF Lunch Buffet \$7.95 per person 1100-1300







Sunset Lounge at the ToP Unwind in an elegant setting with the Island's most spectacular sunsets 1700-2200.

Social Hour 1700-1900 Entertainment with SOUL VIBRATION every Thursday from 1800-2100

Karaoke every night Tue, Wed, Fri, Sat & Sun 1700-2200



AFE Band 24/7 "LIVE" 26 March 1900-2200

# CATERING Plan Your Graduation Parties with MOUR!

Top O' The Mar's Sunday Brunch or Mongolian Barbecue are perfect for group graduation celebrations!

Or, if you prefer a private party, we've got the venue and menu to fit your needs!

Give Alex Gagaring, MWR Catering Manager, a call today at 472-4606/07, 688-5695 or email him at mwrcatering@guamcell.net.

# LIVE at Club Rumons







Wednesday Baked



S L O A



Thursday Prominence



Friday Flinch

## Eliot Sloan 🎱 📭

Lead Singer of Blessid Union of Souls "LIVE" at Club Rumors March 12, 2004 2000-2300

# Krip go Bragh St. Paddy's Day Party

March 17th, 1900-2200 "Live" Band, games, door prizes and fun!

## WEEKLY LINE-UP

80's Rock Night Mondays 1600-2200

Tournament Tuesdays

Check out our NEW pool tables! Challenge your friends to a game of pool! Variety of tournaments.

Saturday DJ

Chill and relax as the DJ mixes the night away!

Sunday Fun Night

Challenge your friends to a board game while enjoying a bite to eat and cold beverage.



FOR MORE INFORMATION CALL 564-1833/34



# march Highlights

Lept Friday Luzek Special

Every Friday 1100-1330

Lunch Special for \$5.95 Featuring a different seafood dish every Friday.



St. Paddy's Day Luneb Wednesday, March 17th 1100-1330

Lunch Special for \$5.95 Enjoy Corned Beef & Cabbage!

The Movie's on Us!

Purchase any "American Dinner Plate" on our new menu and receive One Complimentary Admission to The Big Screen

Theater!



# Hours of Operation

Lunch Monday ~ Friday - 1100-1330 A la Carte & Daily Special

Evening Monday ~ Sunday - 1700-2100 Holidays - 1700-2000 A la Carte Menu

# Try our new mehri!

Our expanded Menu now offers many dining alternatives to appease any appetite.

#### The Lighter Side

an assortment of Salads & Soup

American-Style Burgers & Sandwiches

featuring your all time favorites

#### **American Dinner Plates**

delicious home-style dinner

#### Pupus & Appetizers

Try the NY Steak pupus or Karagi Chicken.

#### **Desserts**

Treat your sweet tooth!

# All you Can Eat Spagbetti Night

Every Friday in March 1700-2100

\$5.95 Adults \$2.95 (5-11 years) 4 & under FREE



For more information, call 564-1833 or 34.



## **Hours of Operation**

Wednesday - Friday Lunch 1100-1300 Evening 1600-2200 Saturday 1100-2200 Sunday 1100-2000

Sand Volleyball Court with Night Lights. Challenge your friends to a game and see who's the King of the Courts!



On the Water at Sumay Cove Marina

# SINGLE SAILOR LUAU

Put on your Aloha Shirt and join in on the fun,,,

- HULA WITH POLYNESIAN DANCERS
- COCONUT OLYMPICS OUT ON THE PATIO
- LIMBO CONTEST AND THE "NO" GAME
- FOOD. PRIZES + DJ!

CLUB RUMORS 27 MARCH 2004 1530 - 1930



Stick around for the AFE Band "24/7" 2000-2300





Starting at 1900





located at
Admiral Nimitz
Golf Course, Bldg 59.

# St. Patrick's Day Bingo

17 March 04

Doors Open at 1600

Games Begin at 1900

Get a Lucky Pin with every purchase!

Refreshments will be available!

# First Day of Spring!

20 March 04 Doors Open at 1600 Games Begin at 1900

Wear Pastel Colors & receive a FREE package!

# BINGO BONANZA

21 March 04 Doors Open at 1600 Games Begin at 1900

## PAYOUTS WILL TOTAL \$15,500.00

If less than 150 players,
Payouts will be a 70/30 split.
TRY YOUR LUCK AND
PLAY TO WIN!!!





The Admiral NImitz Golf Course is located in Radio Barrigada, approximately the center of the island. This facility is very popular with all active duty military on the island. It features an 18-hole par 72 course, a 9-hole par 3 course, driving range, pro shop and snack bar. It provides open golf, tournament play, lessons, clinics and special events.

Authorized Patrons Only

FMI 344-5838/39



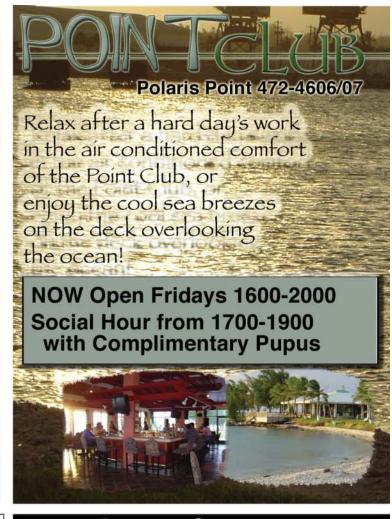
BOATS, KAYAKS AND PADDLEBOATS are available to rent for half a day or a full day.

Enjoy a day on the water and cap it off with a bite to eat and a cold beverage at Clipper Landing.

Motor boat and harbor familiarization class is held at the Marina at a fee of \$10 per person.

For more information call 564-1846, 688-0508 or email <a href="mailto:marina@guamcell.net">marina@guamcell.net</a>







# LIGHTNING LANES

NCTS 355-5273

Now Offering Lightning Lunch for \$5.00

A Paily Lunch Feature

Monday-Friday 1100-1300

Eat it there or call 355-5273 for pick up orders.

LIGHTNING LUNCH features popular island dishes such as Chicken Adobo, Chicken Stir Fry and Salisbury Steak.

Each day will feature a different dish.

Call the Lightning Lunch Hotline at

355-5273 for the days feature!

BOWLING is available on a special request basis only for group reservations. Perfect for birthday parties and other special occasions. For more information please call Alex at 472-4606/7

Monday-Friday or Lightning Lanes at 355-5273 during hours of operation.



#### MWR FACILITIES

#### **Hours of Operation**

#### **COMNAVMAR**

**MWR OFFICE** 564-1850/1/2 MWR Regional Director Ed Echols **ADMINISTRATION OFFICE 564-1847** 

George Stewart Manager, Community Services, RTSG Mike Doran Asst. Manager, Community Services Mon-Fri 0730-1630

Sat, Sun & Holidays Closed

**MWR DIRECTOR'S FEEDBACK LINE 339-1022** 

Division Heads:

Maureen Scheuermann Executive Director (CDP) Steve Dormer **Director of Operations** 

Director of Technical Operations & PR Clifford Guzman Prudence Deniaht Marketing Manager

Frank Esteves Recreation Supervisor Mae Lizama Youth Activities Supervisor

**AUTO HOBBY SHOP 564-1827** 

Jerome Aguigui Technician Tue, Wed & Holidays Closed 1200-2200 Mon,Thu & Fri Sat & Sun 0900-1700

**BEEHIVE @ CAMP COVINGTON 339-6001** 

Willie Miranda Manager Sun - Thu Closed 1700-2300 Fri 1700-2400 Sat

BINGO PROGRAM 344-5511/15

Christine Guzman Recreation Specialist Lead

**CHARLES KING GYM 564-1824/5** 

Justin Stark Supervisor 0500-2100 Mon-Fri Sat 0900-2100 0900-1900 Sun

**CNM CHILD DEVELOPMENT CENTER 564-1844/5 CHILD CARE RESOURCE & REFERRAL 564-1755** 

Maureen Scheuermann Executive Director

0600-1730 Mon-Fri Sat, Sun & Holidays Closed

**CHILD DEVELOPMENT HOMES 564-2260** 

Patricia Friday **CDH** Coordinator 0730-1630 Mon-Fri Sat, Sun & Holidays Closed

**CLIPPER LANDING 564-1846** 

Jamie Sternadel Manager Wednesday - Friday

Lunch 1100-1300 1600-2200 Evening 1100-2200 Saturday Sunday 1100-2000

CNM YOUTH CENTER BLDG. 1982-B 564-1839

Mae Lizama Supervisor 564-1860 Recreation Specialist Therese Meno Mon-Fri 0600-1800

Special events only. Sat Sun & Holidays Closed

**CNM YOUTH SPORTS 564-1839** 

Michelle Taitague Youth Sports Coordinator

Tue-Fri 0800-1700

**CLUB RUMORS & RUMORS RESTAURANT** 564-1833/4/5

564-3187 Fax Willie Miranda Manager Catering 688-5695/472-4606/7 Alex Gagaring Catering Manager

Hours

Lunch (Mon-Fri) 1100-1330 1600-2200 Mon-Thu Fri 1600-2400 1600-2400 Sat Sun 1100-2200

**CPO** Lounge Fridays Only 1500-2200

**Holidays** 

1700-2200 Ala Carte 1700-2100 Click Here (Club Rumors CNM)

Mon & Wed 0900-1500 0900-1600 Sun Sat 1500-2100 Tue, Thu & Fri 1200-2100 Holidays Closed

LIBRARY 564-1836 Frances Quinata Librarian 1400-1900 Wed Thu-Sun 1100-1900 Mon, Tue CLOSED

SWIMMING POOL 564-1822 Boleslaw Rolinski Supervisor Lap Swim

Monday - Friday 0530-0830

**Recreational Swim** 

Tue - Sun & Holidays 1000-1800 Monday Closed

**MARKETING/PUBLICITY OFFICE 564-2261** 

Manager Prudence Denight

CrenaMarie Byerly Sponsorship Coordinator 0730-1630 Mon-Fri

Sat, Sun & Holidays Closed

**OROTE POINT LANES FMI 564-2261** 

**CLOSED FOR RENOVATIONS** 

THE POINT CLUB 472-4606

Frances Abian Manager 1700-2100 Friday Social Hour 1700-1900

REC 'N CREW OFFICE 564-1826

Outdoor Recreation/L.I.B.E.R.T.Y. Program Therese Muna Supervisor

Mon-Sun 0800-1700 Holidavs 0800-1700

SILVER DOLLAR (NavMag) 339-5128/564-1834

Willie Miranda Manager Mon-Fri Lunch & Computer Room 1100-1300 Sat, Sun & Hol Closed

**SUMAY COVE MARINA 564-1846** 

Jamie Sternadel Manager Wed - Sun & Holidays 0800-1700

TEEN LIVING CENTER 1982-A 564-2474/1755

Mae Lizama Supervisor 1500-1800 Mon - Thu 1500-2000 Friday Saturday 1300-2000 Sunday Closed

THE BIG SCREEN 564-1830

**MOVIE HOTLINE** 564-1831 Manny Almonte Manager CLOSED Mon-Wed Thu (FREE MOVIE) 1900-2130 Friday Dbl Feature 1900-2400 Sat & Sun

**Double Matinee** 1300 Single Feature 1900

**BOLLER VET CLINIC 564-3225** Visit Our Website:

www.navyvetguam.com for quarantine information, appointment scheduling, price information and hours of operation.

TOP O' THE MAR 472-4606/7

Fax 472-4605 Frances Abian Manager

Holidays Open on certain holidays

(Call For More Information)

**Catering Manager** 

688-5695/472-4606/7 Alex Gagaring

Sunset Lounge

Tue - Sun 1700-2200 Daily Social Hour 1700-1900 1800-2200 Sun Hosted Karaoke

**NCTS** 

ADMIRAL NIMITZ GOLF COURSE 344-5838/39 Manager

Richard Paulino

**Pro Shop** 

Mon-Sun **Snack Bar** 

Mon-Sun 0600-1900

Holidays Open except Christmas Day

0600-1800

AUTO HOBBY SHOP 355-5527

Joselito Subido Technician Mon - Fri & Holidays Closed Sat & Sun 0900-1700

**LIBRARY** 355-5921 Felicisima McCandless Librarian Tue 1400-1900

Wed-Sat 1100-1900 Sun & Mon Closed

**LIGHTNING LANES 355-5273** 

Richard Paulino Manager 1100-1300 (Lunch Only) Mon - Fri After Hours phone number 472-4606/7 (Mon-Fri) to

book bowling groups.

OUTDOOR REC & GEAR ISSUE 355-5623 (Moved to NCTS Sports Center)

Felix Esteves Supervisor Mon - Fri 1100-1800 Sat, Sun & Holidays 1200-1800

SOUTH-FIN YOUTH CENTER 637-2730/1

Supervisor 564-1860 Mae Lizama Recreation Specialist Helen Flores

Mon-Fri 0600-1730

SPORTS CENTER 355-5623 Felix Esteves Supervisor Mon, Wed & Fri 0500-1800 Tue & Thu 1100-1800 Sat & Sun 1200-1800

SWIMMING POOL 355-5091/2/564-1822

Boleslaw Rolinski Supervisor Lap swim Mon - Fri 0600-0800

**Recreational Swim** 

1100-1730 Weekends

**NAVAL HOSPITAL** 

**BODYWORKS FITNESS CENTER FMI 344-9226** Araceli Diras Supervisor

Mon-Fri 0500-2100 Sat, Sun & Holidays 0900-1700

**CHILD DEVELOPMENT CENTER 472-2312** 

Lita Gonzales Director 0630-1730 Mon-Fri Sat, Sun & Holidays Closed

SWIMMING POOL FMI 344-9009/564-1822

Boleslaw Rolinski Supervisor Lap Swim Mon - Fri 0530-0730

Recreational Swim

Mon. Wed. Thurs. Fri. 1100-1800 1100-1800 Sat, Sun & Holidays Tuesday Closed

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# MWR Calenc

Sunday	Monday	Tuesday	Wed			
March 21st - MWR Bingo Bonanza at ANGC Bldg 59	80's Rock Night Mondays at 1 Club Rumors	Mongolian Barbecue at Top 2 o' the Mar	Kayak Trip fr Sella Bay			
Sunday Brunch at Top o' the Mar every Sunday 1030-1300	Lunch Ala Carte 1100-1330 & Evening Ala Carte 1700-2100 at Club Rumors Monday - Friday	Tournament Tuesdays at Club Rumors Water Aerobics at CNM Pool every Tuesday	LIBERTY Tri Village			
NEW! Tours For Everyone - 7 Trip Around the Island LIBERTY Tarza Waterpark trip	Lunch at Silver Dollar (Naval Magazine) Monday - Friday 1100-1300 Power Hour at CNM Youth Center Bldg 1982-B Monday - Thursday 1530-1700	Libraries' St. Patrick's Day 9 Coloring Contest entries due at NCTS Library	Boonie Stomp River LIBERTY Tri Driving Rang Libraries' St. Coloring Con at CNM Libra			
Kayak Trip from Talofofo Bay to Matala Bay  LIBERTY Golf Day at Admiral Nimitz Golf Course & Trip to Micronesia Mall	Membership Drive for Youth Center begins	Libraries' Easter Coloring 16 Contest begins at NCTS Library  Membership Drive for Youth Center continues	St. Paddy's I 5K Fun Run Bingo Specia Rumors Rest Special St. Paddy's I Club Rumors			
Boonie Stomp to Sella Bay 21  NEW! Tours For Everyone - Jungle River Boat Cruise & Iruka Dolphin Watch & Snorkel Tour  LIBERTY Trip to Guam Symphony Concert	Power Hour at CNM Youth Center Bldg 1982-B Monday - Thursday 1530-1700	Water Aerobics at CNM Pool every Tuesday  Karaoke Night at Sunset Lounge - Top o' the Mar every Tue, Wed, Fri, Sat & Sun	Kayak and Sn Reef LIBERTY Tri Driving Rang			
Kayak Trip from Ylig River to Talofofo Bay  LIBERTY Golf Day at Admiral Nimitz Golf Course	MWR X-Skate Park OPEN DAILY 0900-2100 Monday - Saturday 0900-1900 Sunday & Holidays No Charge! FMI 564-1851/52	Libraries' Easter Coloring 30 Contest entries due at NCTS Library	Boonie Stomp Coastline LIBERTY Din at Micronesia Libraries' Eas			

Contest entrie

Library

# lar of Events

1000			
mesday om Umatac to 3	Thursday LIBERTY Mongolian BBQ 4 at Top o' the Mar	Friday LIBERTY Friday 6H-Night 5 Out	Saturday Kayak Trip to Alupang Island 6 in Hagatna Bay
p to Chamorro	CNM CDC Dr. Seuss Birthday Party and Story Hour	Naval Hospital 2.1 Mile Hospital Fitness Run Youth Sports - Soccer For Tots every Friday	LIBERTY Paintball at MWR X-Sports Paintball Field Admiral's Cup Horseshoes
to Agfayan 10 p to Tumon e Patrick's Day test entires due ry	LIBERTY NH Ping Pong Tourney at NH Barracks 15  CNM CDC Dr. Seuss Story Hour	LIBERTY Trip to Micronesia Mall Theater  CKG Monthly 5K Fitness Run  AFE Eliot Sloan LIVE at Club Rumors	Boonie Stomp to Tarzan Falls 13  LIBERTY Jungle River Boat Cruise & 6Hr Night Out
at CNM CKG I at ANGC aurant Lunch ay Party at	LIBERTY Mongolian BBQ at Top o' the Mar CNM CDC Dr. Seuss Story Hour Membership Drive for Youth Center continues	LIBERTY Friday 6Hr Night Out NCTS Sports Center Monthly 5K Bike/Run Membership Drive for Youth Center ends	NEW! Tours For Everyone - Agana Bay Sunset Cruise  LIBERTY Trip to Guam Symphony Concert  MWR Bingo "First Day of Spring"
orkel HAPS 24 p to Tumon e	CNM CDC Dr. Seuss Story Hour  Water Aerobics at CNM Pool every Thursday	LIBERTY Pool Tourney at Beehive & Friday 6Hr Night Out  AFE Band "24/7" Live at Sunset Lounge, Top o' the Mar	NEW! Tours For Everyone - 27 Seawalker Tour Single Sailor Luau at Club Rumors Admiral's Cup Cycling Begins AFE Band "24/7" Live at Club Rumors
nner & Movie Mall ter Coloring s due at CNM	March 17th - Boonie Stomp to Asan Falls LIBERTY Trip to Chamorro Village	March 17th - Libraries' Easter Coloring Contest begins at CNM Library  March  The state of the s	2004

Morale, Welfare & Recreation

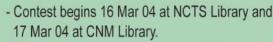


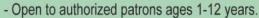
# IBRARIES CNM 564-1836 NCTS 355-5921

## St. Patrick's Day Coloring Contest

- Open to authorized patrons ages 1-12 years
- Coloring sheets may be picked up at either Navy library.
- All entries are due on 9 Mar 04 at NCTS and 10 Mar 04 at CNM.
- Winners will be selected between both facilities.
- Winners will be contacted immediately
- 3 Categories 3 Winners per category
- FMI please call 564-1836 or 355-5921.
- Good Luck to all participants and so Happy St. Patrick's Day!

## Easter Coloring Contest





- Coloring sheets may be picked up and submitted at either Navy Library.
- Entries are due at NCTS Library by 30 Mar 04 and at CNM Library by 31 Mar 04.
- All entries submitted will be combined and posted at the CNM Library for judging.
- 3 Categories 3 Winners per category.
- FMI please call 564-1836 or 355-5921.
- Good Luck to all Participants and Happy Easter from our family to yours!

OPEN DAILY 0900-2100 MON-SAt 0900-1900 SUN & HOLIdays NO CHARGE! Located adjacent to the CNM Tennia Courta Behind the NEX Laundrymat. FMI call 564-1851/52



## **NEW!** Tours for everyone!

- 07 Mar Trip Around the Island. 1000-1500. \$5.00 Adult, \$3.00 Child, Single Sailors Free.
- 20 Mar Agana Bay Sunset Cruise. 1730-1930. 2 Hour Cruise. \$45.00 Adult, \$20.00 Child. Sign up by 18 Mar 04, 1400. Boat departs 1730. Showtime is 15 min. prior to departure.
- 21 Mar Jungle Riverboat Cruise. Two Tours: 0900-1100 or 1330-1530. \$10.00 Adult, \$5.00 Child (5-11 years).
- 21 Mar Iruka Dolphin Watching & Snorkel Tour. \$35.00 Adult, \$20.00 Child (3-11 yrs.) Call for sign ups.
- 27 Mar Seawalker Tour.

\$25.00 per person (8 years and up). 2 Hour Tour. 4 tours to choose from: 0830, 1030, 1230 or 1430. Showtime is 15 min. prior to departure.

Spaces are limited for all above scheduled trips. Please call for reservations. All children must be accompanied by an adult. Rec 'N Crew will provide transportation.

#### **DISCOUNTED TICKETS** AVAILABLE AT REC 'N CREW & NCTS OUTDOOR REC

- 1. GameWorks 100 credit game card \$15.00
  - 2. Tarza Water Park (Includes Lunch) \$20.00/Adult (12 yrs & up) \$10.00/Child (5-11 yrs)

#### CHECK OUT OUR OUTDOOR **GEAR RENTAL**

Need camping gear, coolers, canopies, tables, chairs or bikes? Check us out...we'll hook you up!

#### INFLATABLE JUMPERS

For Rent at \$35.00 Per Jumper Per Day

CNM REC 'N Crew 564-1826/687-4725 NCTS OUtdoor Rec Located at NCTS sports center 355-5623/5534

## **BOONIE STOMPS**

10 Mar - Agfayan River (D) 13 Mar - Tarzan Falls (EM) 17 Mar - Asan Falls (M) 21 Mar - Sella Bay (M) 31 Mar - Southwest Coastline (D)







### WATER ACTIVITIES

03 Mar - Kayak trip to Umatac to Sella Bay (MD) 06 Mar - Kayak trip to Alupang Island in Hagatna (EM) 14 Mar - Kayak trip Talofofo Bay to Matala Bay (M) 24 Mar - Kayak & Snorkel HAPS Reef (MD) 28 Mar - Kayak trip from Ylig River to Talofofo Bay (D)

LEGEND

E - Easy

D - Difficult

EM - Easy to Moderate MD - Moderate to Difficult

VD - Very Difficult

EH - Experienced Hikers

Boonie Stomps are \$5.00 Adult, \$3.00 child (5-17), children 4 & below Free. All children must be accompanied by an adult. All patrons are required to show up for payment and waiver signature 15 minutes prior to departure. Tours depart at 0900. Deadline to sign up is at 1630 one day prior to the event. Tours include 1-2 bottles per person. Bring your own lunch, snacks, etc...

Kayak Trips - Weekend kayak trips are \$15.00/single kayak, \$25.00/double kayak, includes lunch & drinks. Wednesday kayak trips are \$8.00/single, \$12.00/double (does not include lunch or drinks.) Tours depart from Rec 'N Crew or Outdoor Rec at 0900. Events are subject to change or cancellation due to weather conditions or circumstances beyond

All activities require a minimum of 4 patrons to go or they may be subject to cancellation.

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# St. Paddy's 10K Fur Rur

- \* 17 March 04 0600 Show, 0630 Go
- \* Run will start at CNM Charles King Gym
- \* Divisions: Female & Male Open Male & Female Master
- \* Overnight hotel stay for top finisher in each division
- \* Open to all authorized patrons
- \* For more information call any Navy Gym at 355-5623, 344-9226 or 564-1824/25
- \* Good Luck to All Participants and HAPPY ST. PATRICK'S DAY!

# Admiral's Cup Happenings

- 6 March 04 Horseshoes at CNM CKG 0900 Show. 0930 Start
- 27 March 04 Cycling begins 0600 Show. 0630 Go. Location TBA



COME OUT AND SUPPORT YOUR ADMIRAL'S CUP BASKETBALL TEAM!

# MONTHLY FUN RUNS Show: 0600 Go: 0615

#### **CNM CHARLES KING GYM**

Monthly 5K Fitness Run 12 March 04 FMI Call 564-1824/25

#### NH BODYWORKS FITNESS CENTER

2.1 Mile Hospital Fitness Run 5 March 04 FMI Call 344-9226

#### NCTS SPORTS CENTER

Monthly 5K Bike/Run 19 March 04 FMI Call 355-5623

### Self Serve Aerobics

Do your aerobics' routine at your own time and pace. A variety of aerobic tapes are available at NCTS Gym - check one out, plug it in the TV and start working out!

#### MWR CKG FITNESS PROGRAM

Our instructors are all certified to teach fitness classes. Program is available for all authorized patrons and their guests. All aerobics classes are free for Active Duty and \$2 per class for others and can be purchased at any Navy Gym or Pool. Coupons can be redeemed at any aerobic classes listed in our schedule. The MWR Charles King Gym Aerobics Schedule is available at any Navy Gym. Pick up your aerobics schedule today! FMI call any Navy Gym at 355-5623, 344-9226 or 564-1824/25.

GET FIT & STAY FIT WITH MWR!!!





- 03 Mar Trip to Chamorro Village. 1800-2200.
- 04 Mar Mongolian BBQ at Top o' the Mar. 1800-2200. Enjoy Guam's Best Mongolian BBQ with a spectacular view. Free transportation.
- 05 Mar Friday 6 Hour Night Out. 1800-2400. Free transportation. Group will decide where to go.
- 06 Mar Paintball Day at MWR X-Sports Paintball Field. \$25.00 per person includes semi-auto marker, mask, hopper, barrel plug, initial tank of CO2 and 100 paintballs. If you have personal gear, entrance fee is \$10.00/all day, \$7.00/half day.
- 07 Mar Tarza Water Park Trip. 1000-1600. \$20.00 Adult, \$10.00 (5-11 years). Includes lunch and use of park. Free transportation. Sign up deadline is 1200 Friday, 5 Mar 04.
- 10 Mar Tumon Driving Range trip. 1900-2100. \$5.50 per person includes 55 Balls. Free transportation.
- 11 Mar Naval Hospital Ping Pong Tournament at NH Barracks 15. 1730-2030. FREE, no entry fee required. Certificates will be awarded to 1st-3rd place winners. Water and soda will be provided (while supplies last).
- 12 Mar Trip to Micronesia Mall Theaters. 1800-2400. Admission fee is \$7.25 per person. Dinner at Micronesia Mall's Food Court immediately after movie.
- 13 Mar Jungle River Boat Cruise. \$10.00 per person. 2 Tours to choose from: 0900-1100 or 1330-1530. Spaces are limited. Call Rec 'N Crew for reservations.
   6 Hour Night Out. 2000-0200. Free transportation. Group will decide where to go.
- 14 Mar Golf Day at Admiral Nimitz Golf Course. 1200-1800. \$15.00 per person includes cart and 18 holes. Fee does not include food and drinks. Free transportation. Call for sign ups.

  Trip to Micronesia Mall. 1200-1700. Free transportation. Eat, shop or catch a movie!
- 17 Mar Trip to Chamorro Village. 1800-2200.
- 18 Mar Mongolian BBQ at Top o' the Mar. 1800-2200. Enjoy Guam's Best Mongolian BBQ with a spectacular view. Free transportation.
- 19 Mar Friday 6 Hour Night Out. 2000-0200. Free transportation. Group will decide where to go.
- 20 Mar Guam Symphony Concert. Concert begins at 2000. University of Guam Fine Arts Theater. Tickets can be purchased at Faith Bookstore and China Arts. Advanced tickets sales for military at \$7.00 per person. \$10.00 at the door. Call Rec'N Crew for sign ups. Free transportation. LIBERTYVan will depart at 1900.
- 21 Mar Guam Symphony Concert. Concert begins at 1400. University of Guam Fine Arts Theater. Tickets can be purchased at Faith Bookstore and China Arts. Advanced tickets sales for military at \$7.00 per person. \$10.00 at the door. Call Rec'N Crew for sign ups. Free transportation. LIBERTYVan will depart at 1300.
- 24 Mar Tumon Driving Range trip. 1900-2100. \$5.50 per person includes 55 Balls. Free transportation.
- 26 Mar Pool Tournament at Beehive in CNM Camp Covington. 1800-2200. \$5.00 entry fee per person. Winner takes pot. Gift certificates will be presented to 1st 3rd place winners.
   Friday 6 Hour Night Out. 1800-2400. Free transportation. Group will decide where to go.
- 27 Mar SINGLE SAILOR LUAU at Club Rumors. 1530-1930. Call us for more information.
- 28 Mar Golf Day at Admiral Nimitz Golf Course. 1200-1800. \$15.00 per person includes cart and 18 holes. Fee does not include food and drinks. Free transportation. Call for sign ups.
- 31 Mar Dinner and Movie at Micronesia Mall. 1800-2200. Free transportation. Eat, shop or catch a movie!

LIBERTY Program is STRICTLY for Single Sailors and Geographical Bachelors. We will provide free transportation for scheduled events listed above. Patrons must call for transportation. Trips require a minimum of 4 patrons to go. Subject to cancellation if minimum requirement is not met. Sign up deadline for each trip is at 1600 the day prior to the scheduled trip, unless otherwise stated. For questions please call 564-1826 or 687-4725 or email at n10.munat@guam.navy.mil.



# **NAVY CHILD & YOUTH PROGRAMS**





#### **CNM Youth & Teen Center**

### Arts & Crafts Night

5 March 04, 1700-2000. \$3.00 Fee

Kids, come on out to enjoy some time with your friends. We'll be making some cool crafts that you can take home at the end of the night.

#### Preteen Movie and Lunch

6 March 04, 1200-1630

We'll take off from the Youth Center at 1200 to head to GPO for lunch and a movie. Approximate return time will be by 1630 (subject to movie times.) Advance sign-ups required. Stop by the NEW Preteen Room in the Youth Center to pick up a field trip form.

## Under "5" Leso Fun

10 March 04, 0900-1100

Parents, have you seen the NEW Youth Center? It's a Positive Place for KIDS!!! Bring the kids to build with LEGOs and other kind of blocks (we have blocks for the younger kids too!). Snack included for kids. Sign-ups recommended. Call 564-1844/45.

#### **BINGO Night** 12 March 04, 1700-2000

Kids, come on down to the Youth Center...your Boys & Girls Club of America right here on Guam! We'll be playing BINGO together and we'll have some prizes too! Lots of fun for everyone! Game starts at 1800.

#### Yu-Gi-Oh Tournament

13 March 04, 1300-1500. \$3.00 Fee.

Kids, you know more than we do about this game, so come out to teach our staff what it is all about! Parents, you don't have to worry about going all the way to Tamuning...just bring the kids to the Youth Center on base. See you there!

#### Membership Drive for the Youth Center March 15-19,2004.

Kids...WE WANT YOU TO JOIN OUR CLUB! Come out to register some time during the week. You'll receive a membership card as well as a Boys and Girls Club of Guam t-shirt to show your pride. Bring a friend and receive a bag of popcorn for FREE!

For more information on Child or Youth Programs please call 564-1844 or 564-1838.

#### Community Wide Open House

16 March 04, 1500-1800

Parents and Kids...Stop by the Youth Center on March 16th to visit, socialize, and have some fun. Meet our qualified staff and spend time seeing what the Boys & Girls Club has to offer. We'll be serving a light dinner and drinks for all to enjoy.

#### St. Patrick's Day Fun Run

17 March 04

3-5 years begin at 0900

5-8 years begin at 0930

9-12 years begin at 1000

13-17 years begin at 1030

Join us for this fun filled run. Then, a little snack at the Boys & Girls Club Youth Center. You can stay to hang-out for the day too!

#### TEEN Lock-in

19 March 04, 1800-0830

Teens are invited to spend a night "locked in" at the Teen Center. We'll have both male and female staff on hand all night. Teens will eat, participate in some games and hang out. \$15.00 includes food, drinks and FUN!

#### LEGO & Wooden Block Fun

20 March 04, 1300-1500

5-12 year olds...come out to build blocks again! This is not a tournament, just an opportunity to have some fun with blocks!

#### Preteen Lock-in

26 March 04, 1800-0830

Preteens are invited to join us for a lock-in at the NEW Youth Center. We'll eat, play some games and hang out. \$15.00 includes dinner and breakfast. See you there!

#### Basketball End-of-Season Awards Celebration

29 March 04, 1700-1830

CNM Community Center. FMI call 564-1838/39.

#### **Child Development Center**

## Dr. Seuss' Birthday Party & Story Time

CNM CDC (side entrance)
March 4th Dr. Seuss' Birthday Party

March 11, 18 & 25th Story time 0900-1000

Join us as we celebrate the legacy of Dr. Seuss!

Naval Hospital CDC Now Has Openings

for 3-5 year old preschoolers! Open for Drop-ins and also open to contractors! Stop by the Central Enrollment Office at CNM CDC to register!

# Navy Youth Activities Calendar Mig

Your Children Are Our Business!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POWER HOUR 1 1530-1700 Every Mon - Thu	POWER HOUR 2 1530-1700	POWER HOUR <b>3</b> 1530-1700	POWER HOUR 4 1530-1700 CNM CDC presents "Dr. Seuss" Story Hour 0900-1000 at Bldg. 1983-A (*)	Arts & Crafts Night 1700-2000 \$3.00 Fee (A)  Soccer For Tots (*)	Pre-Teen Movie and Lunch 1200-1630
POWER HOUR 1530-1700 Every Mon - Thu  Soccer Registration Ends	POWER HOUR 9 1530-1700	POWER HOUR 10 1530-1700 Under "5" Lego Fun 0900-1100 Snacks included for kids (*)	POWER HOUR <b>11</b> 1530-1700	BINGO Night 1700-2000 (S) Soccer For Tots (*)	Yu-Gi-Oh Tournament 1300-1500 \$3.00 (S)
POWER HOUR 1530-1700 Every Mon - Thu  Spring Break (M-F) Pre-Teen & Teen Room Open 1100-1800	POWER HOUR 16 1530-1700 Spring Break Community Wide Open House 1500-1800 (S)	POWER HOUR 17 1530-1700 Spring Break St. Patrick's Day Fun Run (SFR) 3-5 yrs 0900 5-8 yrs 0930 9-12 yrs 1000 13-17 yrs 1030	POWER HOUR 1530-1700  Spring Break (M-F) Pre-Teen & Teen Room Open 1100-1800	Spring Break 19 Teen Lock-in 1800-0830 \$15.00 Bldg 1982-A Call 564-1838/9 to sign up (S) Soccer For Tots (*)	Lego & Wooden Block Fun 1300-1500 (A)
POWER HOUR 1530-1700 Every Mon - Thu	POWER HOUR 1530-1700	24 POWER HOUR 1530-1700	25 POWER HOUR 1530-1700	Pre-Teen Lock-in 1800-0830 \$15.00 Call 564-1838/9 to sign up (S)  Soccer For Tots (*)	27
Basketball 29 End-of-Season Awards Celebration 1700-1830 CNM Community Ctr. POWER HOUR 1530-1700 Every Mon - Thu	90WER HOUR 1530-1700	POWER HOUR 1530-1700 Birthday Celebrations for all members 1630-1730		LEGEND EC - Education & Ca CL - Character & Lea A - Arts HL - Health & Life Sk SFR - Sports, Fitnes S - Specialized Prog * - Under age 5 Prog	adership cills s, Recreation rams

All activities held at CNM Youth Center, Bldg 1982-B unless indicated otherwise. For more information call 564-1838/39.

MARCH 2004



#### **AVAILABLE AT BOTH SHOPS! Service Bay Reservations**

Reservations must be made in person. Sorry, no reservations can be made over the phone. Please call us for more info. CNM 564-1827 or NCTS 355-5527

Stop by the CNM Auto Hobby Shop Bldg 1982-A and "DO IT YOURSELF"! **Authorized Patrons Only** For more information please call 564-1827

**CNM HOURS: MON, THU & FRI 1200-2200 SAT & SUN 0900-1700** 

# e Big Screen

As part of our goal to provide more efficient services, the following procedure has been established for making reservations for the CNM Big Screen Theater.

Reservations be made through the can Administrative Office of Global Food Services.

Please call Cathy Manglona at 344-5401/02 or email her at gfs.admin@guamcell.net to obtain a TBS Reservations form electronically or via fax.

Return the completed reservation form to Ms. Manglona, via fax, at 344-5405/06.

If the event requires catering services, a seven (7) day notice is required prior to the event. Any questions please call, or email, Cathy Manglona.

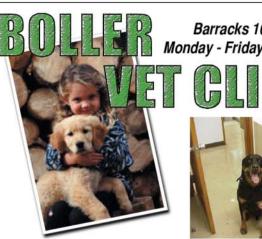
# SWIMMIN

## WATER AEROBICS at ComNavMar Swimming Pool

**Authorized Patrons** can now enjoy the low-impact workout of Water Aerobics Tuesday, Wednesday & Thursday 0930-1030 & 1700-1800 & Friday 0930-1030 \$2.00 per patron Free for Active Duty (upon verification of proper I.D.)

#### **GAB GAB & SAN LUIS BEACH**

Lifeguards ON DUTY 7 DAYS A WEEK from 1000-1800



Barracks 16, CNM Monday - Friday 0800-1600

- "Providing the best in full-service veterinary care for your pets"
- \* Vaccinations, Microchips and Sick-call are all offered on an appointment only basis.
- \* Please call the Boller clinic at 564-3225 for an appointment or for more information.
- \* For safety reasons, children under the age of 12 are not recommended in the clinic.





Sunset Lounge. Top o' the Mar 26 Mar 04. 1900-2200 Club Rumors. CNM 27 Mar 04. 2000-2300

Morale, Welfare & Recreation **U.S. Naval Forces Marianas PSC 455, Box 170 FPO AP 96540** 

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